



The Predictive Role of Anxiety and Depression Emotional Dynamics in Sleep Quality and Resilience

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Objective

Emotional dynamics have been recognized as critical indicators of mental health and psychological resilience. However, previous studies have primarily focused on short-term emotional fluctuations, with limited exploration of long-term emotional dynamics. Moreover, the relationship between emotional dynamics, sleep quality, and resilience remains underexplored. This study aims to examine whether emotional variability and instability in anxiety and depression can effectively predict sleep quality and resilience.

Discussion

Emotional variability reflects the intensity of emotional fluctuations, whereas emotional instability captures the frequency and magnitude of emotional changes. The findings suggest that higher variability in anxiety and depression indicates greater fluctuations over time, potentially making individuals less adaptable to stress, resulting in lower resilience and poorer sleep quality.

Method

This study employed an online survey method to recruit 109 adult participants aged 20 to 40 years (mean = 26.77, SD = 3.72), including 98 males (89.9%) and 11 females (10.1%). The assessment tools included the Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI), Pittsburgh Sleep Quality Index (PSQI), and Connor-Davidson Resilience Scale (CD-RISC). Additionally, emotional variability and emotional instability in anxiety and depression were calculated as dynamic indicators. Data were collected across four time points at three-month intervals, and regression analyses were conducted.

Results

Higher anxiety variability was associated with poorer sleep quality and lower resilience. Similarly, greater variability and instability in depression were linked to lower resilience and poorer sleep quality.

References

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